



**girl scouts**  
of Japan

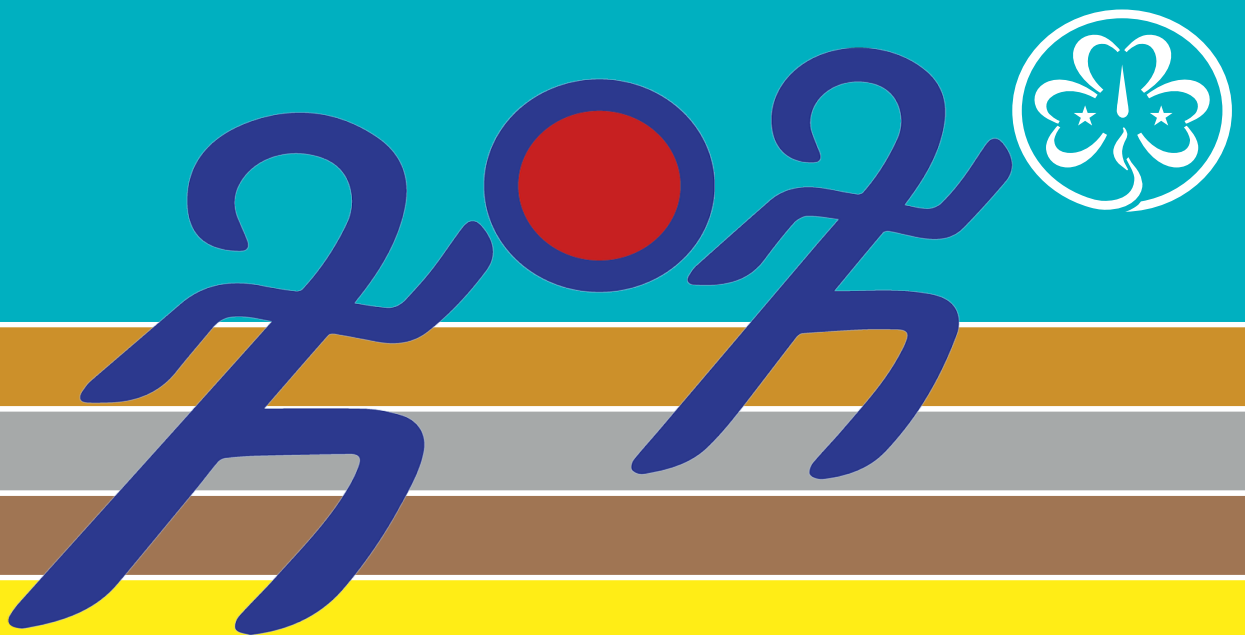


**WORLD ASSOCIATION  
OF GIRL GUIDES  
AND GIRL SCOUTS**

# **OLYMPIA BADGE 2020**

## **ACTIVITY PACK**

**COMMEMORATING THE CENTENARY OF GIRL SCOUTS OF JAPAN**



# ACKNOWLEDGEMENTS

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# FOREWORD

In 2020, Tokyo will host the Olympic and Paralympic Games for the first time in 56 years. 2020 is also a special year for Girl Scouts of Japan (GSJ). It is the 100<sup>th</sup> anniversary of Girl Scouting in Japan.

To celebrate the centenary of GSJ and Olympic and Paralympic Games in Japan, we developed the “Olympia Badge 2020 Activity Pack” in cooperation with the World Association of Girl Guides and Girl Scouts (WAGGGS). With the support of WAGGGS, we were able to complete this activity pack and offer it to all WAGGGS members. I would like to express our sincere appreciation to the support of the WAGGGS staff.

This pack is filled with the passion and enthusiasm of the Japanese Girl Scouts. For this memorable occasion, GSJ invited its members to send ideas for the design of the badge and to contribute with activities for the content of the pack.

WAGGGS Vision 2020 is that “All girls and young women are valued and take action to change the world”. GSJ’s Vision 2020 is that “All girls and young women speak out about issues which affect girls and young women, and take action for a better world”. Moreover, French educator Baron de Coubertin once stated that the Olympic Games should contribute in building a peaceful and a better world by educating through sports, overcoming discrimination of any kind, and promoting friendship, solidarity, and the spirit of fair play. It is obvious that we share the same vision.

I hope that all sisters/brothers in our movement will enjoy the activities, learn about the spirit of the Olympic and Paralympic Games, learn about our culture and raise the awareness of their community on peace and friendship.

This is the world we want for our girls!

**Teruko Wada**  
**National Commissioner, Girl Scouts of Japan**



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# GET READY...

## Welcome to “Olympia Badge 2020”

The Olympia Badge was first designed by the Greek Girl Guides in 2004, to celebrate the return of the Olympic Games to Athens, 108 years after Greece hosted the first modern international Olympics. The aim of the Olympia Badge was to remind people of the original purpose of the Olympic Games; a truly global celebration of peace and international friendship.

In 2008, the Olympic Games were held in Beijing, China, and the Hong Kong Girl Guide Association worked with the World Association of Girl Guides and Girl Scouts (WAGGGS) to produce a badge for that occasion.

In 2012, the Olympics were hosted in London, the United Kingdom. That year, WAGGGS produced the Games Go Global Badge.

In 2020, the Olympic and Paralympic Games will be held in Tokyo, Japan. 2020 is also a special year for the Girl Scouts of Japan as it marks the centenary celebrations of the Association. To celebrate together and help Girl Guides and Girl Scouts around the world learn more about the Olympic Games, the Girl Scouts of Japan developed this activity pack and are proud to share it with our sisters and brothers in the Movement.

By taking part in these activities, you will:

- **Challenge** yourself to ‘do your best’ – which is something that athletes and Girl Guides/Girl Scouts have in common!
- **Learn** about Japan; its culture and sporting heritage;
- **Experience** the excitement of Olympic and Paralympic sports;
- **Prepare** like an athlete through physical, spiritual and cultural activities; and
- **Understand** how the Olympic Games bring countries together.

***“Luck has nothing to do with it, because I have spent many, many hours, countless hours, on the court working for my one moment in time, not knowing when it would come.”***

Serena Williams (American tennis player)

# History of the Olympic Games

There are many myths surrounding the date the ancient Olympic Games began. Most people think they first took place in Olympia, Greece, in 776 BC. They may have started as a footrace between young women\* competing to be a priestess for the Goddess Hera. However, only men were allowed to compete in the official ancient Olympic Games.

The Games took place every four years in Olympia city. The ancient games were also a religious festival, held in honour of Zeus, king of the gods. Ancient olympic sports included wrestling, chariot racing, riding, running and pentathlon (a combination of five sports: discus, javelin, jumping, wrestling and running). There had always been a strong cultural side, too, with poets and sculptors creating works of art to honour the athletes and their achievements, and bringing them to the Games to show to the crowds.

Every four years a truce was called between warring states and countries. It was announced by runners bearing a burning torch throughout Greece. The truce allowed athletes to travel to Olympia to compete. Like today, winning athletes were celebrated and their stories were retold so that people could be inspired by their achievements. The Games became such an important part of ancient Greek culture that they gave their name to the four-year period between the Games; Olympiad.

In 393 AD, Theodosius I banned the Games in an attempt to make Christianity the state religion, as the games celebrated the Gods of ancient Greece. It was not until 1896, two years after the International Olympic Committee was founded, that the official Olympic Games, with 241 athletes representing 14 countries, were held in Athens.

Today, the Olympic Games are held every four years and are hosted by a different country each time. The last Games, a 17-day event with

athletes competing in 28 different sports, were held in Rio de Janeiro, Brazil in 2016. In 2020, over 200 countries will participate in the Games in Tokyo, Japan, with over 10,000 athletes taking part. In the Tokyo 2020 Games, 18 additional events from the following five sports were approved by the International Olympic Committee for inclusion: Baseball/Softball, Karate, Skateboarding, Sport Climbing and Surfing. For a list of all the sports and disciplines in the 2020 Olympic and Paralympic Games, see pages 17 and 22.

\*For more information, please visit: <https://healthandfitnesshistory.com/historical-athletes/ancient-heraeon-games/>

## The Paralympics

The Paralympics, an Olympic competition for people with disabilities, such as mobility issues, amputation, blindness and cerebral palsy, takes place immediately after every Olympic Games in the same city. The motto of these Games is 'Spirit in Motion'. The name Paralympics comes from the Greek word παρά (para), which means 'beside', so these are the Games that run alongside the Olympic Games.

The first official Paralympic Games took place in 1960, in Rome, Italy. However, as early as 1948 a group of World War II veterans from Stoke Mandeville Hospital in the UK got together to compete against each other. At the Rio 2016 Paralympic Games, over 4,000 athletes from 159 nations and regions participated.

The disabilities of Paralympic athletes are broken down into classes based on criteria such as the type and extent of their impairment and motor function. This allows people with similar abilities to compete against each other, ensuring a fairer competition. The categories are cerebral palsy, wheelchair, visual impairment and so on. Able-bodied people without disabilities also compete in the Paralympics. For example, sighted guides competing with athletes with visual impairments are considered part of a team. They also qualify for a medal.

## The Olympia Badge

The Olympia Badge is a sports-oriented activity pack to help Girl Guides/Girl Scouts grow, develop and learn about the Olympic and Paralympic Games and the culture of the host country.

### Aims of Olympia Badge:

- To promote knowledge of sports.
- To support women as peacemakers.
- To enhance the public image of Girl Guiding/Girl Scouting as an active community of motivated volunteers.
- To fulfil WAGGGS' Mission for the development of its members through sports.

**“Nobody has enough talent to live on talent alone. Even when you have talent, a life without work goes nowhere.”**

Arsene Wenger (French Football player and manager)



## Earn Your Olympia Badge

To earn the Olympia Badge, members should complete the appropriate number of activities for their age, as listed below.

**Note:** This is only a guide; please adapt to fit the age divisions of your Association. We encourage you to choose a good balance of physical, mental and cultural activities.

Level	Ages 5-9	Ages +10
Gold	3 or more	8
Silver	2 or more	7
Bronze	1 or more	6

## ACTIVITY TYPES



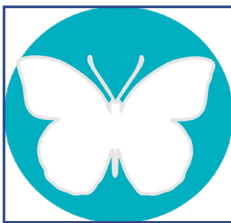
### Stadium (Body)

Represents the holistic development of the human body. It is linked with the mental effort to acquire skills and fitness as well as an appreciation of both the environment and ourselves. The activities relate to practicing sports and developing the body.



### Temple (Mind)

Represents the spiritual dimension of our existence, the development of the mind, and the acceptance of other people's minds and ideas. The activities relate to the spirit of the Games and their history, values, and symbols.



### Theatre (Cultural)

Represents the balanced development of our soul, our cultural and emotional self-respect and tolerance. The activities relate to Japanese traditional culture.

## Guidelines for Leaders

The activities have been developed so that they are gender and culture inclusive. Some activities are more suitable for older or younger members. Please use your judgement regarding which activities are suitable for your group, and consider adult supervision. Also, make provisions as required according to the ages of your group members.

The Olympia Badge could be earned either by an individual or by a group, depending on the selected activities.

The warm-up activity on the next page can be carried out in groups.

Use the activity to introduce the subject and then ask your members which activities they would like to try in order to earn their badge.

The stars (\*\*\*) besides each activity name indicate the level of difficulty. One-star activities are suitable for younger ages, while three-star activities are difficult and need some effort to complete.

You can purchase the badges from WAGGGS shop (<https://www.waggs-shop.org/>) and organise a special award day for your unit.

Upon completion, please fill in the feedback form, following this link: [https://docs.google.com/forms/d/e/1FAIpQLScQjqcx-M28461Yy6SGAmqC3G6znBoUWjfs5\\_IOKY\\_jpp7vjg/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScQjqcx-M28461Yy6SGAmqC3G6znBoUWjfs5_IOKY_jpp7vjg/viewform?usp=sf_link)

Share your achievements with WAGGGS society on social media #OlympiaWAGGGS.

For any questions or comments please contact: [olympiabadge@waggs.org](mailto:olympiabadge@waggs.org)

Good luck!

***“It’s lack of faith that makes people afraid of meeting challenges, and I believe in myself.”***

Muhammad Ali (American Boxer)

# GET SET...

## Warm-up Activity

Move your body to be ready for activities!

In Japan, this warm-up exercise is very popular. It's called "Radio Calisthenics" or "Radio Exercise" as we used to do this exercise while listening to the radio. It was developed in 1928 to improve Japanese citizens' health and physical fitness. It is part of the Japanese culture that children gather in a park early in the morning and do this exercise during summer holidays.

Put some music on and complete a series of simple exercises. This "Radio Calisthenics" has been developed as an exercise which everyone can do. You can do it standing up or in a sitting position, depending on your ability and condition. Try it as you like.

First, take a few breaths to start the calisthenics. Then start moving your arms, legs, and whole body leaning forward and backward, or twisting. Move your joints throughout the exercise.

If you focus on the joints and the moving parts of your body, you will have good blood circulation and you will feel relaxed.



## "Radio Calisthenics" Exercises

Put some music on.

1. Rotate your arms and take a few breaths.
2. Cross your arms in front of your chest and spread them to the sides while bending your legs up and down.
3. Rotate your arms.
4. Lean backwards (chest out) extending your arms.
5. Twist your body sideways swinging your arms.
6. Bend your body back and forth.
7. Twist your body from left to right.
8. Stretch your arms up and down.
9. Bend your body diagonally downwards left and right and chest out.
10. Rotate your whole body.
11. Jump with both legs.
12. Spread your arms then bend and stretch your legs.
13. Take deep breaths while stretching both arms (slowly).

You can see the movement and listen to the original music here: [https://www.jp-life-japanpost.jp/aboutus/csr/radio/abt\\_csr\\_rdo\\_mov\\_pop\\_dai1.html](https://www.jp-life-japanpost.jp/aboutus/csr/radio/abt_csr_rdo_mov_pop_dai1.html) (Japanese instructions only)

Do it in a wide enough space and have fun!





©Girl Scouts of Japan

...Go!

Choose from these activities to earn your badge...



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# ACTIVITIES I: STADIUM

## 1 Push and Shove ★

There is a traditional game in Japan called “Push and Shove”. It is about gathering together in cold weather to move our bodies and warm both body and mind.

Let’s enjoy together!

### Material

A piece of rope, long enough to form a circle on the ground.

### How to Play

1. Place the rope on the ground in a circular form. Players step inside the circle, standing back to back. Adapt the size and shape of the circle according to the number of players.
2. Sing a song like “Oshikura manju, osarete nakuna (meaning: push the bun but do not cry when you are pushed)” while pushing each other with backs and bottoms. You cannot use your arms to push!
3. Players who have been pushed out of the circle or who fell down due to lose of balance will go out of the circle.
4. The player who remains in the circle until the end wins!

Watch: <https://youtu.be/neuK5CC69IQ>

## 2 The Javelin! ★

The Javelin was one of the five sports of the ancient Olympics. You can have fun easily with just a newspaper. Enjoy pretending that you are participating in the ancient Olympics!

### Material

One sheet of newspaper per player.

### How to Play

1. Make an original spear using one sheet of the newspaper. Do not to use any materials to stick the paper such as tape, glue, etc. Be creative with the shape of your spear.

2. Once your spear is made, line up on the start line.
3. Throw from the start line and measure the distance to the tip of the falling spear. The player throwing the furthest wins!

\*The leader should consider the participants’ physical strength and body size.

\*\*On a windy day, we recommend that you play indoors or on a day when the wind activity is low.

## 3 Towel Relay ★

There are many sports which require a sense of balance. Practice your sense of balance through this activity.

### Material

One or more towels per player, depending on their age.

### How to Play

1. Divide participants into small groups. Half of the members stand at the start line and the other half stands at the opposite end of the room.
2. Put a towel on your head. It could be folded, spread wide, etc. Once you put the towel on your head, you cannot use your hands during the race. Hold your hands to your side, like standing in attention. Carefully carry the towel from the start line towards your partner at the opposite side.
  - You cannot use your hands when you carry the towel, but if you drop it, pick it up with your hand and continue the rally.
  - You can use two or three towels at the same time to make it more difficult.
3. When you reach your partner, greet her/him saying “Hello!”, bow like the Japanese do, and drop the towel in his/her hands so she/he walks back in the same way.
4. The team whose last player comes back first wins!

***“It was 42KM full of fun.”***

Naoko Takahashi (Japanese marathon runner)



***“You can’t measure success if you have never failed.”***

Steffi Graf (German Tennis Player)

## 4 Be a “Sumo” Wrestler ★

“Sumo” wrestling is Japan’s national sport. Why don’t you try to be a sumo wrestler?

### Material

N/A

### How to Play

1. Players stand at the start line with their feet spread for stability with their hands on their thighs.
2. Together, everybody stamps their right foot then their left foot, raising it high like a sumo wrestler. Keep your hands on your thigh and shout loud “Yoisho!” (It means ‘Heave Ho!’).
3. When the leader say, “Hackeyoi, nockotta!” everybody starts walking. You have to walk keeping your feet spread apart and thrusting your hands forward alternately right and left. Keep saying “Nockotta, Nockotta!” till you reach the end line.
4. The first player to reach the end line is the winner.

## 5 Kendama Relay ★★

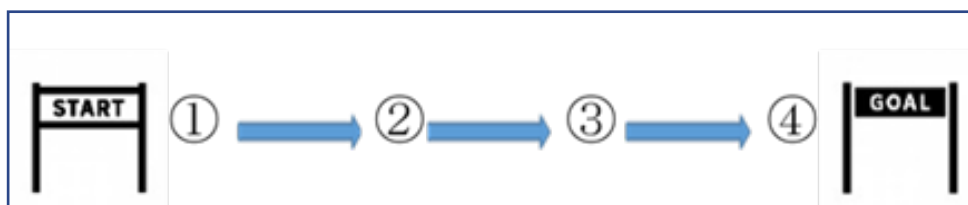
Kendama (cup and ball) is a traditional game in Japan. There are many ways to play Kendama. Let’s play it in the form of a rally.

### Material

- Kendama plate or a spoon
- A ping-pong ball

### How to Play

1. Make a team of 4 players. Players stand in a line, with equal distances between each other.
2. The first runner places a ball on a Kendama plate (or a ball on a spoon) and heads to the second runner who waits some meters away, trying to keep the ball on the plate or spoon. Then the plate or the spoon passes to the next runner.
3. Keep the rally going until the 4<sup>th</sup> runner finishes. The first team to finish the rally is the winner.





## 6 Centipede Canoe ★★

Canoe is not only a sport of the Olympic Games but also the Paralympic Games.

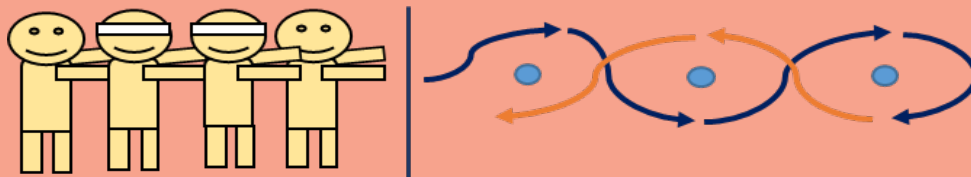
You need to cooperate with everyone to reach the goal. Feel and experience the difficulty to move guided verbally without seeing!

### Material

- A blindfold (use your neckerchief)
- Buoys (sign to be a turning point)

### How to Play

1. Form a team of more than three players.
2. Blindfold all team members except the person at the front and the one at the back. The person at the front can see, but cannot speak. The last person of the team can see and can speak to guide the team. Put your hands on the shoulders of the person in front of you and line up.
3. Start the race. The team must walk a designated distance where you have placed the buoys. They pass by the left side of the first buoy, the right side of the second buoy and so on. Lastly turn around the last buoy and come back to the start line. The distance and number of buoys can be arranged depending on the age and the number of players.
4. Compete by keeping the time each team takes to complete the race.



### Role of Team Members

- Person at the front → guide without speaking
- Middle → blindfolded
- Last person → guide speaking and looking

## 7 Ball-toss Game ★★

The ball-toss game is one of the traditional games in Japan which is often played on sports day.

### Material

- A medium size bucket
- 5 balls per player (crumpled newspaper can be used instead of balls)

### How to Play

1. Draw a 3-meter radius circle and place the bucket in the middle. Players stand outside the circle holding a ball.
2. Everybody throws their balls aiming to get them inside the bucket, simultaneously. Continue until everybody has thrown five balls.
3. If the thrown ball misses the bucket, the player goes and gets the ball and throws it again. Players must go back out of the circle to throw their balls.
4. The player who throws the most balls into the bucket in one minute wins!

## 8 Battledore ★★

Battledore is one of the traditional games in Japan. Let's have fun playing battledore incorporating elements of Olympic and Paralympic Games.

### Material

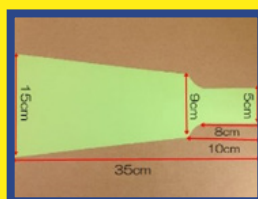
- Battledore, shuttlecock (badminton) or substitute such as a small and light ball that could be made out of crumpled newspaper, a balloon etc.
- If you are making a battledore, you will need the following materials:
  - Milk carton or cardboard
  - Glue
  - Packing tape
  - Colours

Instructions on how to make a battledore by cutting a milk carton or cardboard follow below. See more here: <https://mono-siri.com/kousaku/810> (Japanese instructions only).

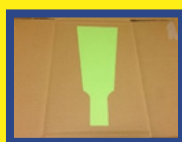
### How to Make Battledore

You can use something around you that is hard and can be held by one hand as a battledore, or you can make your own battledore. This is the traditional shape of the Japanese battledore.

1. Draw the shape of the battledore on a piece of paper as per the photo that suggests the appropriate shape and size. This is just an example. You can change the size as you like. Cut it out. This is your template.



2. Using the template, draw lines on a cardboard, and cut it out carefully. Do not bend it while cutting! You need two pieces at least to make one battledore. For this game you need to make at least two battledores.



3. Paste together two or more cardboard battledores to make one that is thick and tough.
4. You can decorate your battledore.
5. Put the packing tape around the edges so it becomes harder. Put tape on the grip of battledore as well.



### How to Play

1. 2 players face each other standing a distance apart and send the shuttlecock (or any substitute) flying with a battledore to their opponent. The opponent has to strike back, and prevent the ball from falling.
2. When you send the shuttlecock, name one sport of the Olympic Games.
3. The opponent gets one point if you drop the shuttlecock or if you can't name a sport.
4. The player who gets 5 points first wins!

## 9 Sitting Volleyball ★★★

Sitting volleyball is a sport of the Paralympic Games. Anyone can participate in this game, so let's try and enjoy cooperating with others.

### Material

Beach ball, balloon etc.

### How to Play

Sit on the floor. Use your hands to keep the ball in the air and continue the game so the balloon or the ball does not fall on the floor. Let's try it and enjoy collaborating with each other.



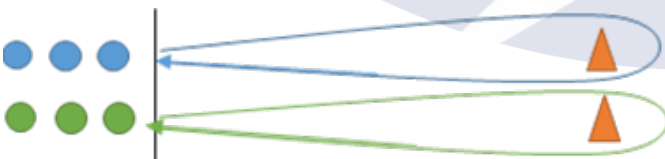
## 10 What Do You Do If...? ★★★

You can learn important things that people with physical disabilities must do to be safe through this activity.

### Material

- One ball per team.
- Signs for the turning point.
- Cards (each card describes one physical disability to experience such as; cannot use dominant arm, cannot use one leg, being blind (with escort) etc.)

### Route example:



### How to Play

1. Divide participants into small groups.
2. Each player picks one card.
3. Simulating the condition written on the card you picked, carry a ball and take it along the designated route.
4. Pass the ball to the next player when you come back to the start line.
5. When all members of the team finish, they sit down as a sign that the competition has ended.
6. The team that sits down first wins!
7. After the activity, share the experience with team members:
  - How did you feel experiencing disability?
  - How did you manage?
  - What kind of support do you think would be needed?
  - What kind of challenges do athletes with disabilities face?

## 11 Fun Climbing ★★★

“Sports Climbing” is one of the games that will be featured at the 2020 Olympic Games in Tokyo. It might be difficult to experience real “Sports Climbing”. Here is an adaptation that can give you some idea about it. You can try it anywhere around you!

### Material

- Round cards of 10 centimeter in diameter: 4 colours, 5 to 10 circles of each colour.
- 16 work order cards. On each card write one of the selected colours and one of the body parts. There should be 16 orders; four body parts (right hand, left hand, right foot, left foot) x four colours of circle.



Prepare the same cards in other three colour paper.

- A stopwatch.

Place the four coloured circles and stick them on floor at random.

### How to Play

#### One by One

1. Draw a start line and an end line.
2. The leader will pick up one work order card and read the order.
3. Each player at a time has to follow the order. For example, when the order is “Blue, Right hand”. The player needs to put his/her right hand on one of blue circle. She/he can choose the circle to put their right hand but it has to be blue.
4. Continue until the player reaches the end line.
5. Keep the time. The fastest person wins!

### How to Play: Advanced

#### Two Players

1. Two players will challenge each other at the same time. One player will start from the start line to the end line, and the other player will start from the end line to the start line.
2. They will go through the same process as above.
3. The player who completes without falling is the winner.

## 12 Mission to Piñata\* ★★★

Cooperation is one of the most important key elements to play a team sport. You have to work together to complete this mission. Work together in a rally to reach and hit the Piñata!

### Material

- One Piñata for each patrol/group (you can also use a ball or balloon which you can hit with a stick instead of Piñata).
- Blindfold (or neckerchief).
- One stick for each patrol to hit the Piñata.
- A piece of rope to tie the legs for a three-legged race.

## How to Play

1. Form small groups of 4 players. From the start line to the end, the four players will form a long line standing at equal distances. The second member holds a rope to tie the legs. The fourth member who is blindfolded holds a stick.
2. The first player from each group will start the race hopping on one leg to the second player. When the first player reaches the second, he/she taps the second player's shoulder.
3. Then they tie their legs together and run a three-legged race to the third player. When they reach the third player, they tap his/her shoulder.
4. The first and second players untie their legs. They hold up the third player's legs, one each. The third player will walk on the hands for wheelbarrow race to the fourth player. When they reach the fourth player, they tap his/her shoulder.
5. The fourth player will walk blindfolded to the end line, where you have placed the Piñata, guided verbally by the other three players. When the fourth player reaches the end line has to hit the Piñata.
6. The first team to break the Piñata is the winner!

\*Piñata is a decorated figure of containing small toys and sweets that is suspended from a height and broken open by blindfolded children. It is a tradition of celebration for children in Latin America.



## 2020 OLYMPIC SPORTS

The Olympic Games at Tokyo 2020 will feature 33 different sports:

Aquatics	Football	Shooting
Archery	Golf	Skateboarding
Athletics	Gymnastics	Sport Climbing
Badminton	Handball	Surfing
Baseball/Softball	Hockey	Table Tennis
Basketball	Judo	Taekwondo
Boxing	Karate	Tennis
Canoe	Modern Pentathlon	Triathlon
Cycling	Rowing	Volleyball
Equestrian	Rugby	Weightlifting
Fencing	Sailing	Wrestling

# ACTIVITIES II: TEMPLE

## 1 Hold Hands and Make a Circle of Peace! ★

Olympic and Paralympic Games promote world peace and international friendship. Through sports, we recognize and honour each other, regardless of race, religion or nationality.

Through this activity, you will be able to feel the importance of "Cooperation" and "Peace".

### How to Play

1. Make a circle with everybody holding hands. Sing a song as you swing your hands. You can choose any traditional song and/or nursery rhyme that everybody knows.

In Japan, people traditionally sing this song: "Nahbe, Nahbe, Soko-nuke, Soko-ga nuke-tara, Kawelimasho" (meaning: Pot, Pot, you have no bottom, we will go home if you have no bottom.)

2. At the end of the song, everybody will turn around keeping the hands held! Do not let go of each others' hands!
3. Repeat two or three times.

Watch: <https://youtu.be/mDUQ7KoZx38>

### Take it further:

- Discuss with your group the friendship bonds within your group.
- Discuss with your group about the importance of "Peace" and "Cooperation".

*"The way a team plays as a whole determines its success. You may have the greatest bunch of individual stars in the world, but if they don't play together, the club won't be worth a dime."*

Babe Ruth (American Baseball player)

## 2 Cheering Contest ★

Schools in Japan hold "Sports Days" every year. On Sports Day, children enjoy many competitions between teams. Sports Day is a sort of Olympic and Paralympic Games in schools in Japan.

The competition is not only in sports, but cheering is equally important on this day. For the cheering contest, each team gives a performance (dancing to music, songs etc.) aiming to cheer and empower their team.

Let's experience a cheering contest.

### How to Play

1. What makes your team unique? Make a song which expresses your team's best features.
  - Make up the lyrics, the rhythm and the choreography.
  - Rehearse over and over again and make sure everybody in your team is included.
  - You may also make up a logo or a motto for your team.
  - It is also good to use flags, pompoms or percussion instruments.
  - Try to create something that only your team can do.
2. Present the performance to the other teams.
  - You need a large room or outdoor space.
  - Show your solidarity by an impressive performance!



### 3 Award Your Friend, Award Yourself ★

In ancient Greece, the awards of the athletes at the Olympic Games were crowns made of olive branches. This tradition is carried out till today.

#### Material

- Soft tree branches so that you can bend to make a crown.
- Vine or olive leaves, flowers, nuts, dried fruits, etc.
- Glue.

#### How to Play

- Bend the branches so that they take the shape of a crown, then weave or glue the leaves and the dried fruits on the branches.
- Then, award the crown to one of your friend whilst praising him/her.
- You can make one more crown and award it to yourself!

### 4 Relay the Torch! ★

Did you know that the torch carried by the Olympic torch bearers weighs about 1kg?

At Tokyo 2020, one torch bearer will run between 200 to 300 meters holding the torch.

Find something that weighs about 1kg and experience how heavy it is. Imagine you are running holding it high. If possible, make your own torch weighing 1kg, run a short distance and relay to another member of your group like the Olympic torch bearers. For younger ages, make a lighter torch.

### 5 Travel the World ★★

Ancient Olympic Games were held in Olympia, Greece. They came back to Greece in 2004. Learn about the countries/cities that were and will be hosting the Summer Olympic Games from 2004 to 2028.

These are 7 cities/countries. Let's travel the world to learn about them.

#### Material

- Paper to make a "Passport".
- Stamps or marker so that the leader can mark the passport.
- A quiz to learn about the 7 host cities/countries which relate to the mind, the spiritual dimension (such as the design and meaning of national flag, religion, etc.), and the culture.
- 7 stalls, one for each host city/country.

There are 7 host cities/countries to travel:

- Athens, Greece (2004)
- Beijing, China (2008)
- London, UK (2012)
- Rio de Janeiro, Brazil (2016)
- Tokyo, Japan (2020)
- Paris, France (2024)
- Los Angeles, USA (2028)

#### How to Play

1. Each player designs his/her "Passport" with more than 7 pages to collect stamps from the 7 countries.
2. Players start their journey around the world. They visit the 7 stalls and learn about each country's flag, religion, and culture by answering a quiz. They write or draw in their passports the things they learn about these cities/countries.
3. The leader stamps the passport at each stall and checks the correct answers to the quiz. The journey is completed when the players visit all 7 stalls.
4. If you cannot prepare 7 stalls; then make a "snakes and ladders" game with a quiz about the 7 cities/countries in each cell. Throw the dice and participants will answer the question written on the cell they stopped. The player who has the most right answers wins.



## 6 What is the Meaning of the Emblem? ★★

Have you seen the emblems of The 2020 Tokyo Olympic and Paralympic Games? Let's think about the meaning of these emblems!

### How to Play

1. Search for the emblems at the official website of Tokyo 2020 (see the reference below). Reflect on what the meaning of these emblems could be.
2. Share your ideas with the group.
3. Check again for the meaning of the emblems at the official website of Tokyo 2020: <https://tokyo2020.org/en/games/emblem/>
4. If the Olympic and Paralympic Games were held in your country or city, what design would be suitable? Design your own emblems.
5. Present your designs, themes, and the meanings of emblems.

***“You’ll never regret making a sacrifice. It will always pay you back.”***

Lorena Ochoa (Mexican Golfer)

## 7 Greetings ★★

Japan is a society that values politeness and courtesy. When people greet each other in Japan, they bow with a word of greetings such as “Konnichiwa” (hello) and/or “Sayonara” (goodbye).

Greetings are also important in sports. Athletes greet and applaud each other to show courtesy. Search for how people greet around the world in their everyday life and in sports.

1. How do you greet in your country? Do you use gestures as well as words? Is there a special greeting in your region or area? Discuss with your group.
2. Do you know any greetings of other countries? Look up the greeting words and the gestures.
3. Practice the greetings you found.
4. Discuss within your group the importance of greetings in our relationships. What is the expected effect of greetings? If there was a society where people did not greet each other, what would it be like?





## 8 Healthy Eating ★★

Athletes need to take care of and keep developing their body with food in addition to physical training. What is your favourite food? Are you aware of the importance of healthy eating?

Find out what kind of nutrition and how much food you need per day. What types of food are better for you? How do you eat these foods?

Create your menu for one day, and eat healthy. Next, try it for a week.

## 9 Let's Light the Torch! ★★★

Did you know that the Olympic Torch is lit by the light of the sun in Greece? The rays are concentrated by a parabolic mirror and after the torch is lit, it travels all around Greece and then to the host country.

Let's use sunlight to make fire and learn more about the Olympic Torch.

### Material

- Black drawing paper
- Magnifying glass
- Tinder, such as sawdust or torn newspaper, something easy to set on fire
- A candle

### How to Play

1. Hold the magnifying glass between the sun and the black paper. Move the magnifying glass to make a blight dot on the paper. Focus the dot in one place on the paper until smoke comes out.
2. Put tinder on the focus point to make a fire.
3. If you can light the candle, then you have succeeded!

After you light the candle, find out more about the origin and the message that the Olympic Torch conveys.

### CAUTION!

This activity involves fire, so you must do it under the supervision of leaders or adults. You also need to choose a safe and wide space where there are no substances that can catch fire and burn easily.

## 10 Everyone is Different; Everyone is Special ★★★

There are three core concepts in Tokyo 2020. One of them is "Unity in Diversity". Think and learn more about this concept through the following activity.

### Activity

1. The facilitator asks participants to reflect on the motto "Unity in Diversity", then they are asked to express their ideas either with a short sketch, a dance, a poem, a song or a drawing.
2. The facilitator asks participants to reflect on the motto "One World" where different people live together. Then they are asked to express their ideas either with a short sketch, a dance, a poem, a song or a drawing.

## 11 Inclusion Spinning Tops ★★★

Lots of people gather for the Olympic and Paralympic Games from around the world. They all enjoy sports, regardless of their ethnic origin, nationality, cultural background, religion etc. This unity in diversity is unique. Experience the diversity making various spinning tops.

### Material

- Cardboards or cartons.
- Thin straight sticks.
- Scissors.
- Coloured pens in the colours of the 5 Olympic circles.

### How to Play

1. Design your spinning top. It could be triangular, square, star-shaped, etc.
2. Colour your spinning top using more than two of the five Olympic colours.
3. Place the stick at the centre of the spinning top, so that 2/3 of the stick forms one side and 1/3 is at the bottom. Spin your top. See how all colours blend in.
4. Discuss with your group what diversity is, how you perceive it and how you would welcome somebody from a different background in your group.

## 12 Towards a Sustainable Future ★★★

Tokyo 2020 will be held considering the “Sustainable Development Goals (SDGs)”. To contribute to the SDGs, the organisers have set five main themes including “climate change”, “resource management” and “natural environment and biodiversity”. All events will be held respecting the environment.

Do you consider the environment in your daily life? To what extent are your peers aware of the three issues?

Learn more on the SDGs: <https://www.un.org/sustainabledevelopment/sustainable-development-goals/>

Organise for your group an activity related to any of the three topics (<http://waggs.thegoals.org/>).

***“I don’t mind getting beaten, but I hate to lose.”***

Reggie Jackson (American Baseball Player)

## 2020 PARALYMPIC SPORTS

The Paralympic Games at Tokyo 2020 will feature 22 different sports:

Archery    Rowing  
Athletics    Shooting  
Badminton    Sitting Volleyball  
Boccia    Swimming  
Canoe    Table Tennis  
Cycling    Taekwondo  
Equestrian    Triathlon  
Football 5-a-side    Wheelchair Basketball  
Goal-ball    Wheelchair Fencing  
Judo    Wheelchair Rugby  
Powerlifting    Wheelchair Tennis

# ACTIVITIES III: THEATRE

## 1 Let's Challenge Wrapping Using "Furoshiki" ★

"Furoshiki" is a Japanese traditional square cloth used for wrapping and carrying things. Let's have a race whilst wrapping things.

### Material

- Furoshiki or a big square cloth (size: bigger than 45 square centimetre is preferable); one for each patrol.
- Objects of various shapes (books, small balls, pens, boxes of biscuits, cans, etc.)

### How to Play

1. Mark a start line with a chalk or by using a string. At the other side of the room, place the various things to be wrapped. Split the group into two smaller groups.
2. Players in each subgroup are paired with each other. The first pair of each subgroup starts the race holding a "Furoshiki" and runs to the place where the objects are placed. They choose one of the objects, wrap it with Furoshiki and tie it with a square knot.
3. The first pair then returns to the starting point carrying the Furoshiki, unwraps the object and passes the Furoshiki to the next pair.
4. The team that finishes wrapping and carrying objects to the starting line first wins.



## 2 Let's Play Fukuwarai ★

"Fukuwari" is one of the traditional games played on New Year's Day.

As the saying goes "WARAU KADO NIWA FUKUKITARU" (meaning: good fortune and happiness will come to the home of those who smile), it is said that a smile brings you happiness. Throughout this activity, be happy with a smile on your face.

### Material

- Draw an outline of a face on a large sheet of paper.
- On another piece of paper, draw facial features such as eyes, eyebrows, nose and mouth and cut them out.

### How to Play

1. Participants gather around the large sheet of paper. One player is to be blindfolded.
2. Participants around the sheet, hand one of the facial features to the player who is blindfolded without telling her/him which part she/he was given.
3. The blindfolded player tries to guess which part of the facial features she/he was handed and attempt to place the cut outs on the face on the large sheet of paper.
4. When the player finishes placing all the facial features, the blindfold is removed.

How does this piece of art look like?

Could the blindfolded player place the facial parts where they should be?

You can make the game more amusing by coming up with new ideas. For example, make a dinner table, using food cut-outs, or make three-dimensional facial features, and so on.

All members of the team take turn while blindfolded.

Watch: <https://youtu.be/wrh5S64oprY>



### 3 Create Your Own Artistic Flower Arrangement ★

Among the many artistic flower decorations and flower arrangements in Japan is the one called "IKEBANA".

Find out the difference between "IKEBANA" and "Flower Arrangement".

Create an Ikebana Flower Arrangement and present it to your team, explaining the difference.



### 4 Create Your Olympic Art ★

Create your own artwork (drawing, sculpture, and painting) with a "Sports", "Olympic Games", and/or "Paralympic Games" theme. Display them at a meeting or organize an exhibition.

***"You can't put a limit on anything. The more you dream, the farther you get."***

Michael Phelps (American Swimmer)



## 5 “Karuta” Card Game ★★

Let's play the traditional Japanese “Karuta” card game. In Japan, there are various Karuta cards for children and adults. Cards are rectangular cardboards, mostly the same size as ordinary playing cards.

### How to Play the “Karuta” Card Game

1. There are two forms of cards, one with pictures and the other with texts explaining each picture. Usually, there are about 50 pairs of cards.
2. Place all picture cards face up on the floor. Players sit down around the cards.
3. One person will read from the “reading cards” at random.
4. All other participants will try to get the card that matches the read description.
5. The player who touches or grabs the picture card first will take that picture card. The player who collects most correct cards at the end wins.
6. If the card that was taken is wrong, it is placed on the floor again.

**Create your original “Karuta” cards and enjoy playing “Karuta”.**

### Material

- Card boards
- Pens

1. Olympic/Paralympic Games Karuta  
Draw some pictures of Olympic or Paralympic sports, such as athletics, swimming, volleyball and so on. Write an explanation for the picture, or the name of a celebrity athlete and players should guess and connect the correct reading card with the picture card.

Make sure to write the answer at the bottom of the reading card, so that you can check the correct answer.

Please refer to the official website of Tokyo 2020: <https://tokyo2020.org/en/games/sport/olympic/> (English version)

2. Exploring the world of Karuta  
Create cards about your country, region, and other countries or about the host country, Japan.

Pass around a ball in a team and shoot the ball to the defender's hoop at each end of the court. Competed by two teams of five players each. The sport is “Basketball”.

### Basketball



### Take it Further

Karuta competition:

1. Two players or two teams sit on the floor facing each other, placing the picture cards in between them. Cards should be divided into half and placed picture face-up in three rows in each territory.
2. The person who reads the “reading card” will sit where she/he can see both teams. When the reader reads a card, the players touch or grab the matching picture card.
3. When a player takes the card from their own territory, it is ok. But, if a player takes a card from the opponent's territory, she/he has to replace this card by one of the cards that have not been read yet.
4. If the player touches the wrong card either in his/her own territory or the opponent's, she/he gets an “OTETSUKI” (penalty) and has to take a card that has not been read from the other team.
5. The team that gets rid of all the cards first wins.

## 6 Enjoy Flying a Kite ★★

Kite-flying is one of the traditional activities practiced on New Years' Day in Japan.

Kite-flying is a traditional Japanese activity, however kites were also flown since early times in China and in Greece. Nowadays it has become a popular outdoor activity in many countries.

There are various types of kites:

- “Man-lifting kite”: A giant kite on which a man can be lifted.
- “Dragon kite”: A long kite, flying like a dragon.

Look up the history of kite-flying and/or types of kites popular in your community, and make a kite of your own.

Design with your team a kite; think of the material you need, the size of the kite, the length of the string, etc.

Once you are ready, construct it and find a safe place to fly it.

Compete with other teams for the best and highest flying kite.

## 7 Make your own “KIMONO” ★★

“Kimono” is a traditional dress in Japan. Nowadays in Japan, Kimonos are worn only on special occasions such as weddings and ceremonies.

Did you know that the Kimono is eco-friendly? To make a Kimono, we cut the fabric in rectangular shape to avoid waste. In old times, the Kimono was the everyday outfit of the women and they used to fix the damaged parts by sewing on them other pieces of fabric. Used Kimono fabrics were recycled in various ways.

As the Kimono is cut in a rectangular shape, it is easy to fold. The fabric varies depending on the season and the climate. The shape of the Kimono is the same for all seasons, but it can be layered with two or more pieces of fabric.

The Kimono is the dress that represents the spirit of the Japanese people who care and cherish everything in daily life.

Let's make our Kimono out of paper.

### Material

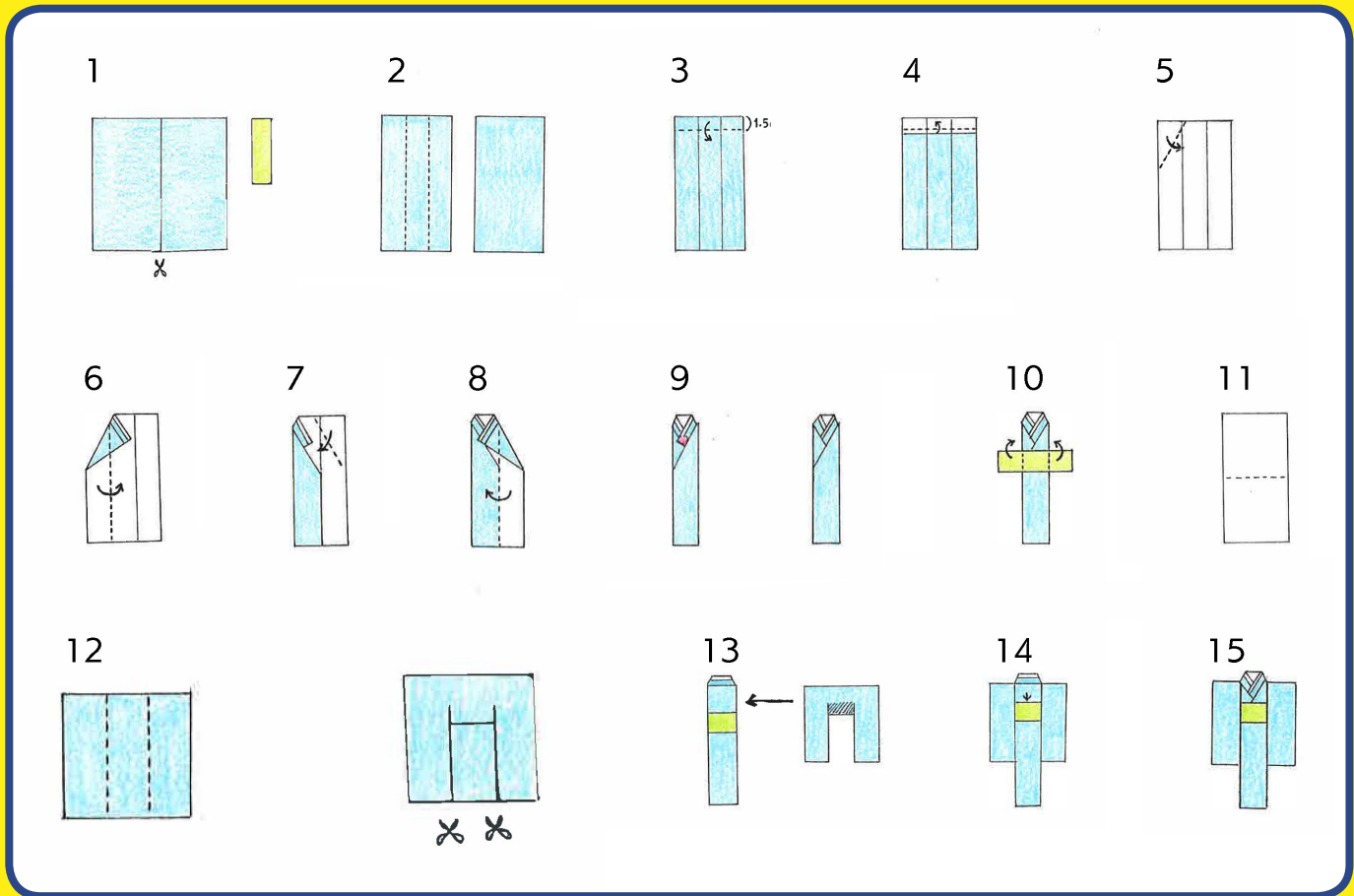
- Paper (15cm x 15cm square Origami paper if available)
- Scissors
- Glue

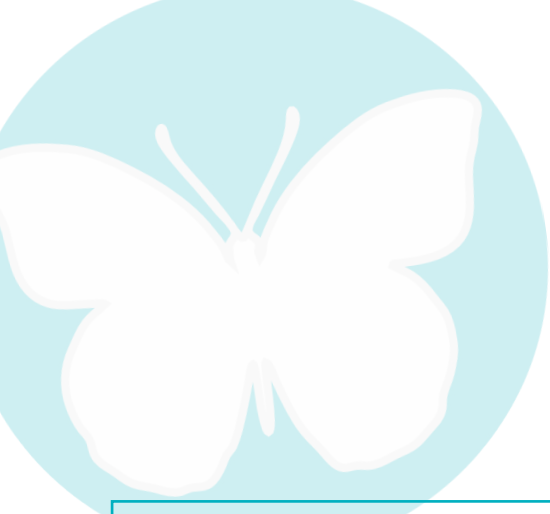
### How to fold the Kimono

1. Take a square paper and cut in half (about 15cm x 15cm size) (figure 1).
2. Take another piece of paper, 2cm x 7.5cm, in another colour. This is going to be the “Obi” (belt).
3. Fold in three (figure 2) one of the halves and unfold it. Keep the other half to be used later.
4. Place the paper coloured side up, preferably. Fold the upper part along the dotted line (figure 3).



5. Fold again on the dotted line. Remember to leave the white part on the edge (figure 4).
6. Turn around and fold the upper left corner along the dotted line (figures 5 & 6).
7. Fold the upper right corner along the dotted line (figures 7 & 8).
8. Put the edge of the collar (the red point) under the body (figure 9).
9. Place the "Obi" on the body and fold on the dotted lines. Glue the edge of the Obi, but do not stick the Obi on the body. The Obi should be able to slide on the body (figure 10).
10. Make the sleeves with the other half of the paper. Fold it in half along the dotted line (figure 11).
11. Fold in three as shown in figure 12 and unfold.
12. Cut along the lines.
13. Place the sleeves at the back of the body and tuck the shaded area into the Obi (figures 13 & 14). Glue the sleeves at the back and ...READY!





## 8 Haiku ★★

"Haiku" is a form of Japanese traditional very short poem. Although it is very short, it expresses respectfulness, the beauty of nature, awareness on changing seasons, and one's feelings.

"Haiku" has only three lines. Each line is made of 2 to 3 words. It's very simple.

The rule for the Japanese "Haiku" is to be written in 3 lines of 5, 7, and 5 syllables. That shows how short a Haiku poem is.

Write a "Haiku" with an "Olympic", "Paralympic", and/or "Sports" theme suitable for this occasion.

Share it with your group.

## 9 One letter of "Kanji" has different ways of reading and meanings ★★★

Most Kanji—Japanese characters based on Chinese ideogram—have some different ways of reading. For example, there are two ways for reading the word kanji 日本. One is "Nihon", and the other is "Nippon". Both of them give the same meaning, which is "Japan", but are pronounced differently. Both pronunciations are correct to use.

Try to find out how Kanji works.

Do you experience same challenges in your language?

Find out and share with your team.





## 10 Japanese Traditional Performing Arts ★★★

The Chief Executive Creative Director of the opening and closing ceremonies of Olympic and Paralympic Games at Tokyo is Mr. Mansai Nomura, one of famous “Nohgaku” actor. “Nohgaku” is a Japanese traditional performing art, identified by UNESCO as an intangible cultural heritage. “Nohgaku” includes two types of performances; “Noh” and “Kyogen”.

“Noh” is the oldest form of musical theatre in Japan. It became popular in the 14<sup>th</sup> century. “Noh” is usually performed at a special theatre, wearing special masks and costumes, with music played using Japanese musical instruments and songs. Its unique way of performance creates a mysterious atmosphere.

“Kyogen” is also performed at a special theatre, but it is more informal. Some of the performers wear masks and it often includes sense of humour in the story.

Learn about “Noh” and “Kyogen”, so that you can appreciate the opening and closing Ceremonies.

For more information, please visit the Japan Arts Council Website: <http://www2.ntj.jac.go.jp/unesco/noh/en/index.html> (English).



### Make Your Own “Noh” Mask

You can make your own mask and try to perform Noh and Kyogen using a short story.

#### Material

- Balloon
- Newspaper or soft and light papers
- Paints

#### How to Make Noh Mask

1. Blow a balloon about the size of your face.
2. Tear newspapers into small pieces and moisten them with water. Put them over one side of the balloon.
3. Arrange to form the shape of a human face.
4. Let it dry well.
5. Imagine the type of person/animal you would like to perform. Colour and draw the surface to be expressive.
6. Break the balloon.

If it is difficult to find materials, draw a face on a piece of cardboard and cut it out to make your own mask.

# 11 Let's Make Sushi Rolls ★★★

Sushi rolls became popular in the Edo period (1603-1868) in Japan. At the beginning, sushi rolls were sold at stalls and not made at home. Early in the 1920s, the Japanese started making sushi rolls for annual events or festive occasions at home. Now, we can find sushi in various places of the world.

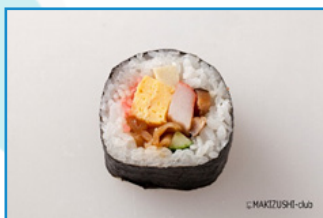
Various sushi rolls are developed in many countries adopting the local culture and foods. You can enjoy sushi rolls using a number of ingredients available at your home.

Try making the Olympic symbols using five different coloured ingredients!

## Material

- 150g of short grain rice (about 330g when it is cooked).
- Sushi vinegar (mixture of 30g of vinegar, 20g of sugar, and 5g of salt).
- Whole sheets of Nori (seaweed).
- Makisu; sushi roll mat made of fine and thin pieces of bamboo. You can also use cooking sheet or food wrap instead of Makisu.
- Ingredients to roll inside: you can choose anything you like or that is easily available, such as cucumber, avocado, asparagus, carrots, bell pepper, spinach, boiled shrimp, smoked salmon, crab sticks, canned tuna, etc., but without using any liquids. Be creative!

This is an example of typical Japanese "Futomaki Sushi roll" (see photo). It is filled with sweet Japanese omelet, cucumber, crab sticks, cooked shiitake mushrooms, cooked gourd/calabash, and sweet fish flakes.



## How to Make Sushi Rolls

1. Cook short grain rice.
  - Wash the rice softly and soak it in water for 30 minutes at least. Then drain it well.
  - Prepare sushi vinegar. Mix all ingredients for sushi vinegar (vinegar, sugar, and salt) together well. All sugar and salt should be dissolved.

- Put the drained rice in a pan and add a cup of water (heavy bottomed pan is preferable). Keep it covered with the lid and heat it to bring water to boil. When the water starts to boil, reduce the heat and let it simmer for about 15 minutes. Then reduce the heat again to low and wait for about 5-7 minutes. It is recommended not to open the lid to keep steam inside the pan, (but you can just have a quick peek.) Remove from the heat and transfer the rice into a big bowl.
- Pour the sushi vinegar above the cooked rice, mix them well with a wooden spoon and allow to cool. Do not mix too much, to avoid getting mushed rice. If you wet the spoon before use, rice will not stick on it and it will be easy to clean.

2. Place the Nori width-wise on the Makisu mat, with the glossy side facing down. Spread the seasoned rice very thinly and evenly over the Nori leaving the edge about 3cm wide. Do not put too much rice on the Nori sheet; this will make it difficult to roll.
3. Place the ingredients on the 1/3 end from the bottom of the Nori sheet.



4. Lift the edge of the Makisu nearest to you (not the edge without rice), and roll them up tightly using the Makisu, the bamboo mat. Press softly when you roll to shape the roll evenly. Do not press too much. The 3cm edge of Nori will stick as you roll. Do not roll the makisu mat with the Nori together. The mat should come off when you finish rolling.



5. Cut the roll into small pieces.  
Watch: <https://www.youtube.com/watch?v=XKUSI8ElgRc>





## 12 Imagine If ... ★★★

There are many constraints that influence the performance of athletes; the living conditions, the climate, the economy of each country, etc.

For example, a cold country that has a lot of snow would have more athletes participating in winter sports. Other countries that are surrounded by the sea or have rivers have athletes who excel in water sports.

The economic situation of the country plays an important role, from the infrastructure to the opportunities given to athletes, coaches etc. In some countries, there are good facilities for training, but in other countries, athletes face many challenges in order to train.

Think of two female athletes who come from two different countries, do your research and share their story with your group.





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